



Ranger Cookies

36 servings

Portion out snacks before you start eating. For example, take out a serving of crackers, and put the box back in the cupboard.

1 cup shortening 3/4 cup brown sugar 3/4 cup sugar 2 eggs 2 cups all-purpose flour 1/2 teaspoon salt 1 teaspoon baking powder 1 teaspoon baking soda 3 cups oatmeal 1 teaspoon vanilla 1 cup crispy rice cereal



- 1. Wash hands with soap and water. Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray, set aside.
- 2. In a large bowl, beat together shortening, brown sugar, and sugar until smooth and creamy. Break eggs into a small bowl. Wash hands with soap and water after cracking raw eggs. Blend eggs into shortening and sugar mixture.
- 3. In a separate bowl, sift flour, salt, baking powder, and baking soda together. Slowly add dry ingredients to wet ingredients.
- 4. Stir in the oatmeal, vanilla, and cereal by hand. Mix well.
- 5. Drop by small spoonfuls onto prepared baking sheet.
- 6. Bake for about 10 minutes or until lightly browned. Transfer to a wire rack and let cool.

Nutrition Information per Serving: (1 cookie) Calories 140, Total Fat 6g, Saturated Fat 2g, Cholesterol 15mg, Sodium 95mg, Total Carbohydrate 19g, Dietary Fiber <1g, Sugars 9g, Protein 2g, Vitamin A 2%, Vitamin C 0%, Calcium 2%, Iron 4%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.







